

Below are the August HealthQuest announcements to share with your employees. Please ask supervisors to provide this information to employees who do not use email. Thank you very much!

IMPORTANT NEWS FROM HEALTHQUEST



The **Finding Focus Wellness Challenge** wraps Friday, **August 12th**. We hope you are practicing different stress management activities to help improve your mindfulness as well as your mental and physical health. Be sure to log your activity points at www.kansashealthquest.com by **Friday, August 19th** to receive **5 HQ credits**.

HealthQuest Monthly Seminar – Worth 1 HQ Credit – www.kansashealthquest.com

Knowing the Alternatives

People have strong opinions about alternative therapies and what's called "complementary medicine." Learn the basics and find out what the science says about popular alternative approaches.

To get to the seminars: Log on to www.kansashealthquest.com, click "Rewards" at the top, scroll down and click "More" under "Spend some time in the Library"

Have you Earned your HealthQuest Premium Incentive Discount?


There is only 90 days left to earn your HealthQuest Incentive for 2017. The deadline is **November 15th at 11:00PM**.

1. Obtain your Biometric Values (Glucose, Cholesterol, Triglycerides)
2. Complete the **REQUIRED** Health Assessment Questionnaire
3. Earn 30 total credits.

Click <http://www.kdheks.gov/hcf/healthquest/trackcredits.htm> for how to check your discount status.

REACH YOUR BEST:

AUGUST 2016

 **Myth:** You can't get much water from foods you eat. **Fact:** Plant foods such as broccoli, celery, grapefruit, lettuce, melons, oranges and tomatoes are **85% to 95%** water. Eating plenty of plant foods adds to your daily fluid intake. Another benefit: Foods high in water can make you feel fuller and curb your appetite.

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AUGUST 2016

Boost Your Spending Power

It's always a good idea to save money, even if you're financially secure. For example:

Learn how to make preserves with less sugar and sodium. You'll reduce your grocery bill, and enjoy minimally processed fruits and vegetables.

Invest in a small freezer. Stock up on the basics – whole-grain bread, frozen produce, meat and poultry – when they're on sale.

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Flu Season is Rapidly Approaching - 2016 Flu Clinics Kick Off September 1st

All Active employees, spouses, dependents over 18 years of age and retirees who are covered under Plans A or C of the State Employee Health Plan (SEHP) are eligible for a flu shot at no cost. Remember to take your CVS Caremark card to the appointment.

For more Information go to: <http://www.kdheks.gov/hcf/sehp/2014FluShotClinicInformation.htm>


To schedule an appointment go to: www.occuvox.com, in the box labeled "Schedule My Appointment" enter the **Company ID "Kansas" and Password "Kansas"**

AUGUST 2016

JUST ADD DASH

Try the Dietary Approaches to Stop Hypertension, or DASH, eating plan.

DASH emphasizes:
Foods low in saturated and trans fat, cholesterol and total fat.
Vegetables, fruit, whole-grain products, and vegetable oils.
Foods rich in magnesium, potassium, calcium and fiber.
Low-fat and nonfat dairy products, fish, poultry, lean meat, nuts and seeds.
Limiting sweets and sugary beverages.
Less sodium (salt) overall. Guidelines limit sodium to less than 2,300 mg per day; research shows that lowering sodium intake to 1,500 mg was even better for lowering blood pressure.



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<https://portal.rxavingsolutions.com/#/register> - Registration Worth 3 HQ Credits

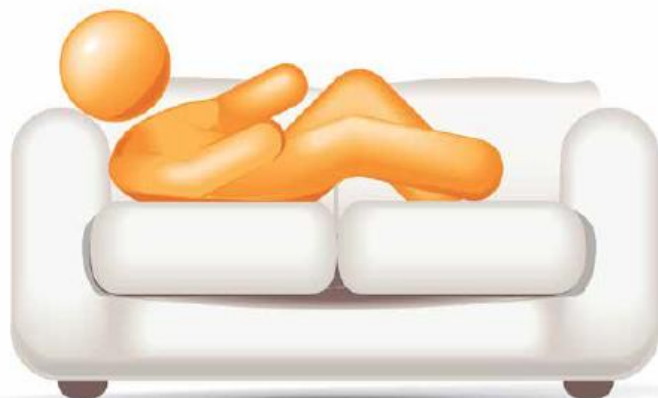
Change the Dosage Form and Save

Employees and dependents of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by changing the dosage form of their current medication. Some medications are made in more than one dosage form, but in the same strengths, so it is possible to switch between dosage forms without compromising quality of care.

Here is an example of how changing dosage forms can save you money:

In 2015, the average coinsurance for SEHP members for a 30-day supply of the mental health medication venlafaxine extended-release 150mg tablets was **\$20.17**. However, a 30-day supply of venlafaxine extended-release 150mg capsules cost SEHP members an average of **\$1.70**. That is a savings of **\$221.64 per year!**

Talk to your doctor today, to find out if changing dosage forms is an option for you. It is important for patients to be active participants in managing their health.



Learning to Relax

Stress is part of life, but it doesn't have to be a way of life. With a little effort you can build your resistance to stress and learn to relax. Here's how:

- **Eat healthy.** Maintaining a well-balanced, nutritious daily diet increases your energy level and ability to deal with stressful situations.
- **Avoid cigarettes.** Smoking, while momentarily calming for many, worsens stress in the long run.
- **Drink in moderation, if at all.** Learn other ways to relax and blow off steam.
- **Exercise.** Proper exercise releases endorphins, the body's natural stress busters.
- **Keep a positive outlook.** Studies show that optimistic people are more mentally and physically healthy than those who take a negative approach.
- **Work on Mindfulness.** Mindfulness, which is the practice of being more aware in the present moment, is one of the most effective ways to respond to personal stress.

Quarter 3 – RESILIENCY - EAP Webinar Schedule

Aug. 25th @ 11am: How to Deal with A Difficult Person

Sept. 22nd @ 11am: How to Receive Criticism and Make it Work for You
<http://www.kdheks.gov/hcf/healthquest/eapwebinars.htm> to register

EAP Monthly Webinar Series – Worth 1 HQ Credit – August 25th, 2016 at 11AM

How to Deal with A Difficult Person

At one time or another, we have all dealt with a difficult person. Whether they are hard to communicate with, acting defensive or just handling a situation inappropriately, interactions with difficult people can affect our confidence, mood and focus. Learning to recognize and cope with common difficult behaviors in ourselves and others can help make difficult encounters much more manageable.

Register at:

<https://attendee.gotowebinar.com/register/1246839961538547971>. If you cannot attend at the scheduled time but are interested, register and a recording will be sent to you via email following the webinar. Or if you only have 5-10 min check out the On-Demand Trainings at www.guidanceresources.com (Company ID: SOKEAP). These short training modules include fun, interactive features, and help you build practical skills to deal with real-life challenges.

AUGUST 2016

MAKE A GREAT PLATE.

Enjoy summer's fresh, ripe produce.

Peach and Tomato Salad with Mint

INGREDIENTS

2 ripe peaches, pitted and cut into wedges	1 tbsp balsamic vinegar
2 ripe heirloom tomatoes, cut into wedges	$\frac{1}{8}$ tsp each salt and pepper
2 tbsp extra virgin olive oil	2 tbsp chopped fresh mint leaves

DIRECTIONS

Arrange peaches and tomatoes on large platter. In small bowl, whisk together oil, vinegar, salt and pepper. Pour dressing over peaches and tomatoes. Top with mint.

Makes 4 servings. Each: 100 calories • 1g protein • 7g fat • 10g carb • 2g fiber • 45mg sodium



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